

Newbold Verdon Primary School

PSHE and RSE Policy – 2026/27

(Personal, Social, Health and Economic Curriculum and Relationships and Sex Education Curriculum)

Approved by: The Governing Body

Last reviewed on: 2nd July 2026

Next review due by: July 2027

‘We inspire our dragons to fly higher’

1. Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

At Newbold Verdon Primary we use the Kapow PSHE curriculum, which covers all areas of PSHE for the primary phase including Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education. The scheme also aligns with Newbold Primary School's values of:

- Aspiration
- Uniqueness
- Curiosity
- Perseverance
- Courage
- Empathy

Relationships and health education statutory guidance

Kapow Primary's RSE & PSHE curriculum fulfils the statutory requirements set out in the Department of Education's [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education guidance](#).

The [statutory guidance](#) was updated in July 2025 for implementation from 1 September 2026.

This policy was developed in consultation with staff, parents and governors.

2. Intent

The Kapow scheme aims to give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society.

Kapow Primary's RSE/PSHE scheme of work covers the Relationships and Health Education statutory guidance (as set out by the Department for Education), including the non-statutory sex education.

The scheme covers wider PSHE learning, in line with the requirement of the National Curriculum (2014) that schools 'should make provision for personal, social, health and economic education (PSHE).' Children's learning through this scheme would significantly contribute to their personal development as set out in the Ofsted Inspection Framework and promotes the four fundamental British values which reflect life in modern Britain: democracy; rule of law; respect and tolerance and individual liberty.

Gender identity does not form part of the National Curriculum and the Kapow Primary scheme does not specifically cover gender identity, although identity is a theme that runs through all year groups and units more generally.

Quality PSHE and RSE teaching is an important element in helping schools to carry out their duty of care with regards to safeguarding. The DfE's statutory 'Keeping Children Safe in Education (Sep 2025)' guidance states that 'Governing bodies should ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum'. In response to the child-on-child abuse updates to Section 5 of Keeping Children Safe in Education (DfE, 2025), our curriculum introduces and revisits ideas of personal boundaries, consent and communicating our boundaries with others. This prepares pupils for the challenges and responsibilities they will face in the future.

3. Implementation

The Kapow Primary scheme is a whole school approach that consists of three areas of learning in EYFS: Reception (to match the EYFS Personal, social and emotional development prime area) and five areas of learning across Key stages 1 and 2.

EYFS:

- Self-regulation
- Building relationships
- Managing self

Key stage 1 and 2:

- **Families and relationships** - learning how to recognise and form positive relationships with family and friends, identifying how to deal with conflict and bullying.
- **Health and wellbeing** – learning strategies for maintaining physical and mental health, including hygiene, exercise, healthy eating, sleep and self-awareness.
- **Safety and the changing body** – learning how to stay safe in a variety of online and offline situations; what to do in an emergency; naming body parts; distinguishing between appropriate and inappropriate physical contact; identifying the physical and emotional changes of puberty.
- **Citizenship** – recognising the importance of rules; caring for others and the local environment; learning about rights, responsibilities and the importance of participation in community life.
- **Economic wellbeing** – exploring what money is, ways to earn it and how to take care of it.

The lessons also provide a progressive programme with each area being revisited as a spiral curriculum to allow children to build on prior learning.

The lessons are based upon the statutory requirements for Relationships and Health education, but where the lessons go beyond these requirements (primarily in the Citizenship and Economic wellbeing areas) they refer to the PSHE Association Programme of Study which is recommended by the DfE.

As well as the Kapow scheme, Newbold Verdon Primary School is committed to supporting children with their emotional wellbeing through ELSA support, Zones of Regulation and restorative conversations. School assemblies also reinforce PSHE topics along with British Values.

Sex education has been included in line with the DfE recommendations and is covered in Year 6 of the scheme.

Year 6 primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

We allocate 45 - 60 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

The scheme supports the requirements of the Equality Act and protected characteristics through direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout the lessons. This is also reflected in the No Outsiders, All different, All Welcome scheme which runs parallel to the PSHE Curriculum. More information can be found here:

<https://no-outsiders.com/about-us-%2F-films#dcdae644-0c78-42c3-8d3c-3d6904b5c9e8>

4. Roles and responsibilities

The Governing Body

The governing body will approve the PHSE & RSE policy and hold the headteacher to account for its implementation.

It is the responsibility of the Governors to ensure that as well as fulfilling their legal obligations, the governing body should also make sure that:

- all pupils make progress in achieving the expected educational outcomes in regard to PSHE/RSE.
- PSHE/RSE is well led, effectively managed and well planned.
- the quality of PSHE/RSE provision is subject to regular and effective self-evaluation teaching is delivered in ways that are accessible to all pupils with SEND.
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn.
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

The Headteacher / PSHE/RSE Lead

The headteacher ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework. The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy. Parents should be consulted on the PSHE/RSE policy and have the opportunity to express their views. They also must be informed of the limits of their right to withdraw their child from sex education and have the opportunity to do so within these limits.

Teaching Staff

Staff are responsible for:

- Delivering PSHE/RSE in a sensitive and age-appropriate way
- Modelling positive attitudes to PSHE/RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the [non- statutory/non-science] components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

5. Monitoring arrangements

The delivery of RSE is monitored by the headteacher and subject leader through:

- learning walks
- observations
- discussions with pupils and teachers
- Governor visits

Pupils' development in PSHE/RSE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed every year. At every review, the policy will be approved by the governing body.

6. Kapow Parent Zone

Below is a link to Kapow parent Zone. This page is designed for parents and carers to:

- Find answers to common questions about RSE & PSHE.
- Understand what is included in the Kapow Primary RSE & PSHE scheme.
- Learn about parents' rights in relation to RSE & PSHE, particularly around sex education.
- Understand the benefits of RSE & PSHE and how they can support your child's learning.

<https://www.kapowprimary.com/subjects/rse-pshe/curriculum/rse-pshe-parent-information/>

Parents also have the right to view RSE/PSHE content on request. This will be shared via a secure email link and will give parents 14 days to accept the link and a further 14 days to view teaching material. Request should be made in writing to the headteacher. Parents will not need a Kapow account for access to lesson content.

7. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education. Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE. The suggested Kapow Primary lessons that are deemed to be sex education are:

- Year 6: Safety and the changing body, Lesson 5: Conception
- Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth

Parents will be notified when these lessons are to take place and requests for withdrawal should be put in writing and addressed to the headteacher. Parents will be invited to discuss the curriculum before making a final decision to withdraw their child. Alternative work will be given to pupils who are withdrawn from sex education.

8. SEND

In line with quality first teaching, resources will be adapted to address the individual learning needs of children within classes in order for them to have full access to the Kapow PSHE/RSE curriculum.

Children in the Unit will be taught PSHE sensitively and appropriately with regard to their developmental ability.

9. Safeguarding

Staff need to be aware that sometimes disclosures may be made during these sessions, in which case, safeguarding procedures must be followed immediately. If disclosures occur, our school safeguarding policy for managing disclosures will be followed.

10. External Contributors and Visits

External contributors from the community, e.g. health promotion specialists, school nurses, social workers, and community police and fire officers, may at times be invited into school to compliment the Kapow scheme and make a valuable contribution to our PSHE programme. Their input should be carefully planned and monitored so as to fit into and complement the programme. Teachers are present during these sessions and remain responsible for the delivery of the Kapow PSHE/RSE programme.

In addition to visitors to school, there may be occasions when it is appropriate for children to take part in a school trip to enhance the children's understanding of PSHE within the context of the world they live in. Previous visits have included, Warning Zone, places of worship and The Houses of Parliament.

11. Links to other policies:

- Safeguarding / Child Protection
- Behaviour
- E-Safety
- SEND
- Anti Bullying
- Equality
- RE